

SESAME CRUMBED FISH GOUJONS WITH MUSHY PEAS

EQUIPMENT

MIXING BOWLS, STAB BLENDER, ZIP LOCK BAG, CHEF'S KNIFE

INGREDIENTS

200GM SKINLESS WHITE FLESH FISH, 100GM PLAIN FLOUR,
1 EGG, 80GM SESAME SEEDS, 1 SLICED SHALLOT, 100GM PEAS,
30GM CHICKEN STOCK, SALT, LEMON

METHOD

PLACE PEAS, SHALLOT, CHICKEN STOCK AND SEASONING IN A ZIP LOCK BAG AND REMOVE AS MUCH AIR AS POSSIBLE. PLACE IN A PRE-HEATED OVEN STEAM SETTING 100 DEGREES FOR 6 MINS

CUT THE FISH INTO EVEN SIZE FINGER PORTIONS, PLACE THE FLOUR IN ANOTHER ZIP LOCK BAG WITH SALT AND PLACE THE FISH IN THE BAG, TOSS WELL WITH THE FLOUR

IN A MIXING BOWL CRACK THE EGG AND WHISK WITH A LITTLE WATER

REMOVE THE FISH AND SHAKE OFF EXCESS FLOUR PLACE INTO EGG THEN INTO SESAME SEEDS.

PLACE FISH ON A BAKING TRAY LINED WITH BAKING PAPER

REMOVE PEAS FROM THE OVEN AND CHANGE OVEN SETTING TO BAKE 200 DEGREES

PLACE FISH IN THE OVEN AND BAKE

POUR PEAS INTO A JUG AND BRIEFLY BLEND, CHECK SEASONING AND PLACE IN A RAMEKIN

REMOVE FISH FROM THE OVEN AND SPRINKLE WITH SALT, PLATE UP AND SERVE WITH A CHEEK OF LEMON AND THE WARM MUSHY PEAS

HINTS & TIPS

- THIS IS A GREAT WAY TO USE UP SOME FISH TAILS, USE ONLY WHITE FLESH FISH, AVOID SALMON, TROUT AND TUNA FOR THIS METHOD

- THIS IS A GREAT ONE FOR THE KIDS AND A BIT MORE HEALTHY THAN FISH AND CHIPS